

# Health Promotion Evaluation Snapshot

Healthy living videos & name the dog competition, Term 4, 2020

**Health Promotion** aims to make healthy choices easy choices through environments that support healthy living.

**We work with Schools, Early Learning Services and Communities to achieve the best health for all**



**LLW@S** is joint initiative of NSW Health and school sectors in NSW. It encourages students to be active more often and develop healthy eating habits. It is a whole school approach to living well.

“We decided that in all the clips he was active and being a good role model. Wanted a word that displayed his action. Good healthy food and exercise makes for healthy bodies all around!”

**-McAuley Catholic Central School  
Winners of the competition.**

## BOUNCER



**HEALTHY STUDENTS  
LEARN BETTER**

### What & How?

**Four healthy animation videos were created.**

- These animation videos promoted healthy lifestyle messages and healthy canteens.
- A learning package was developed to accompany animations and encourage uptake of these resources.
- Greater uptake was encouraged through inviting schools to name the dog featured in all animations.

### Why?

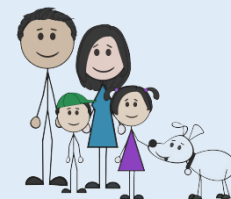
**There was a low number of schools achieving Live Life Well @ School practice 7, “sharing of health information to families in previous 12 months.”**

- Schools had reported higher engagement with families through video and audio usage instead of written resources such as newsletters.

### Who?

**Key Stakeholders as listed below.**

- All primary schools were invited to participate in naming the dog, sharing the videos and embedding the videos in lessons.
- All Health Promotion staff.
- Contracted animator.



### Results

**21 entries were received from schools in the MLHD.**

- A judging criteria was formed and the finalists (3) were advertised on social media for voting.
- McAuley Catholic Central School in Tumut (Kindergarten class) were the winners.
- The dog has been named “Bouncer” and will be used to communicate health messages into the future.
- Drink bottles and modern teaching aids voucher were awarded to the winning school and class.

### More Information?

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